| **control** | **exercise** | | **Overall** | |
| --- | --- | --- | --- | --- |
|  | **Followed protocol (N=27)** | **Did not follow protocol (N=13)** | **Followed protocol (N=12)** | **Did not follow protocol (N=13)** | **Followed protocol (N=39)** |
| **Sex** |  |  |  |  |  |
| Female | 25 (92.6%) | 11 (84.6%) | 9 (75.0%) | 11 (84.6%) | 34 (87.2%) |
| Male | 2 (7.4%) | 2 (15.4%) | 3 (25.0%) | 2 (15.4%) | 5 (12.8%) |
| **Ethnicity** |  |  |  |  |  |
| Asian | 3 (11.1%) | 1 (7.7%) | 0 (0%) | 1 (7.7%) | 3 (7.7%) |
| Caucasian | 22 (81.5%) | 10 (76.9%) | 11 (91.7%) | 10 (76.9%) | 33 (84.6%) |
| Latin America | 1 (3.7%) | 0 (0%) | 0 (0%) | 0 (0%) | 1 (2.6%) |
| Middle-Eastern | 1 (3.7%) | 1 (7.7%) | 0 (0%) | 1 (7.7%) | 1 (2.6%) |
| African | 0 (0%) | 0 (0%) | 1 (8.3%) | 0 (0%) | 1 (2.6%) |
| **Age (Years)** | 36.0 [29.0, 43.5] | 53.0 [46.0, 61.0] | 45.5 [34.3, 52.5] | 53.0 [46.0, 61.0] | 37.0 [29.5, 47.0] |
| **Weight** | 63.0 [59.3, 77.8] | 73.2 [65.9, 75.3] | 67.5 [58.2, 89.5] | 73.2 [65.9, 75.3] | 63.0 [58.6, 80.2] |
| **Waist/Height Ratio at baseline** | 0.449 [0.425, 0.508] | 0.526 [0.495, 0.540] | 0.460 [0.422, 0.508] | 0.526 [0.495, 0.540] | 0.451 [0.425, 0.508] |
| **Body Mass Index (kg/m²)** | 23.3 [21.8, 27.5] | 26.2 [24.4, 27.2] | 24.0 [20.6, 26.0] | 26.2 [24.4, 27.2] | 23.3 [21.6, 26.8] |
| **SLE Duration (Months)** | 102 [46.0, 197] | 139 [52.3, 224] | 101 [48.8, 247] | 139 [52.3, 224] | 102 [47.0, 203] |
| **SLEDAI** | 6.00 [2.00, 8.00] | 6.00 [3.50, 8.00] | 6.00 [4.00, 8.50] | 6.00 [3.50, 8.00] | 6.00 [3.00, 8.00] |
| **SLICC-Eular/ACR-2019** | 30.0 [20.5, 35.0] | 18.5 [15.8, 23.3] | 24.0 [17.0, 29.5] | 18.5 [15.8, 23.3] | 27.0 [19.5, 34.5] |
| **Aerobic Capacity Test 1** | 29.0 (5.57) | 25.9 (7.72) | 30.6 (9.61) | 25.9 (7.72) | 29.5 (7.00) |
| **HRmax at Test 1** | 179 [170, 191] | 170 [155, 175] | 170 [156, 179] | 170 [155, 175] | 178 [165, 187] |
| **Borg-Scale Test 1** | 17.0 [17.0, 19.0] | 17.0 [16.0, 18.0] | 18.0 [16.8, 18.0] | 17.0 [16.0, 18.0] | 17.0 [17.0, 18.0] |
| **Maximal Wattage Test 1 (Watt)** | 184 [142, 196] | 157 [132, 174] | 173 [124, 225] | 157 [132, 174] | 182 [131, 219] |
| **Aerobic Capacity Test 2** | 27.4 (5.37) | 24.6 (6.50) | 27.6 (7.08) | 24.6 (6.50) | 27.5 (5.85) |
| **HRmax at Test 2** | 178 [169, 184] | 169 [158, 174] | 168 [154, 180] | 169 [158, 174] | 175 [158, 181] |
| **Borg-Scale Test 2** | 18.0 [17.0, 19.0] | 17.0 [16.0, 19.0] | 18.0 [16.8, 18.0] | 17.0 [16.0, 19.0] | 18.0 [17.0, 19.0] |
| **Maximal Wattage Test 2 (Watt)** | 181 [156, 199] | 149 [120, 179] | 176 [127, 229] | 149 [120, 179] | 180 [144, 218] |
| **FSS** | 5.22 [3.78, 5.83] | 4.50 [3.61, 5.61] | 5.22 [4.31, 6.08] | 4.50 [3.61, 5.61] | 5.22 [3.94, 5.94] |
| **VAS Fatigue - Patient (1-100)** | 50.0 [30.0, 70.0] | 40.0 [30.0, 60.0] | 30.0 [20.0, 40.0] | 40.0 [30.0, 60.0] | 40.0 [20.0, 70.0] |
| **VAS overall disease activity - patient (1-10)** | 4.00 [2.00, 5.00] | 3.00 [2.00, 5.25] | 3.00 [2.00, 5.50] | 3.00 [2.00, 5.25] | 3.00 [2.00, 5.00] |
| **VAS overall disease activity - physician (1-100)** | 15.8 [8.09, 26.2] | 13.6 [4.52, 41.5] | 21.7 [6.67, 33.5] | 13.6 [4.52, 41.5] | 17.0 [7.42, 30.2] |
| **SF-36 Physical Component Score** | 44.0 [36.3, 53.8] | 43.0 [32.2, 46.6] | 41.6 [32.8, 48.9] | 43.0 [32.2, 46.6] | 43.0 [35.5, 52.8] |
| **SF-36 Mental Component Score** | 47.0 [36.7, 53.5] | 49.5 [37.2, 57.9] | 48.2 [42.9, 55.2] | 49.5 [37.2, 57.9] | 47.0 [38.0, 54.2] |
| **Daily time in MVPA (Minutes)** | 37.7 (26.1) | 25.5 (27.6) | 22.5 (15.4) | 25.5 (27.6) | 32.8 (24.1) |
| **Energy Intake (kJ)** | 7100 (1860) | 7870 (2080) | 8490 (1910) | 7870 (2080) | 7690 (1970) |
| **Lipid intake (g)** | 74.6 [60.8, 88.1] | 66.5 [54.9, 105] | 75.6 [54.9, 86.7] | 66.5 [54.9, 105] | 74.8 [55.7, 89.7] |
| **Carbohydrate intake (g)** | 166 [140, 205] | 147 [145, 244] | 223 [161, 299] | 147 [145, 244] | 190 [143, 221] |
| **Protein intake (g)** | 72.2 [57.7, 77.1] | 70.2 [62.2, 80.5] | 83.3 [80.1, 90.1] | 70.2 [62.2, 80.5] | 78.0 [62.7, 86.6] |
| **Adipose Tissue on DXA scan (%)** | 35.2 [30.8, 41.6] | 37.4 [33.8, 43.7] | 35.1 [30.2, 39.0] | 37.4 [33.8, 43.7] | 35.2 [30.2, 40.5] |
| **Adipose Tissue on DXA scan (kg)** | 20.8 [18.9, 32.0] | 25.1 [21.9, 32.2] | 24.1 [17.3, 28.8] | 25.1 [21.9, 32.2] | 21.4 [18.2, 30.3] |
| **Android fat mass (kg)** | 1.89 [1.15, 3.34] | 2.25 [1.96, 2.63] | 2.36 [1.42, 3.35] | 2.25 [1.96, 2.63] | 1.90 [1.15, 3.34] |
| **Gynoid fat mass (kg)** | 4.51 [4.12, 6.70] | 5.12 [4.20, 5.64] | 4.49 [3.77, 6.21] | 5.12 [4.20, 5.64] | 4.51 [4.09, 6.70] |
| **Total lean mass (kg)** | 41.9 [37.3, 45.7] | 40.0 [38.2, 42.8] | 42.3 [35.0, 48.0] | 40.0 [38.2, 42.8] | 41.9 [36.7, 45.9] |
| **IFNα Z-Score (m.1.2)** | 4.75 (3.95) | 3.26 (4.13) | 2.58 (3.70) | 3.26 (4.13) | 4.07 (3.96) |
| **IFNβ Z-Score (m.3.4)** | 1.26 (1.01) | 1.06 (1.00) | 0.785 (0.999) | 1.06 (1.00) | 1.11 (1.02) |
| **IFNγ Z-Score (m.5.12)** | 0.569 (0.435) | 0.459 (0.388) | 0.370 (0.438) | 0.459 (0.388) | 0.506 (0.440) |
| **Hemoglobin (mmol/L)** | 7.66 (0.600) | 7.61 (0.923) | 8.03 (0.698) | 7.61 (0.923) | 7.78 (0.648) |
| **Thrombocytes (10^9/L)** | 244 (51.6) | 267 (101) | 220 (41.4) | 267 (101) | 236 (49.0) |
| **Estimated Glomerular Filtration Rate (ml/min/1.73m²)** | 79.0 [68.5, 83.5] | 76.0 [72.5, 80.8] | 82.0 [80.5, 85.5] | 76.0 [72.5, 80.8] | 80.5 [73.0, 84.3] |
| **β2 microglobuline (mg/L)** | 2.14 [1.80, 2.47] | 2.02 [1.94, 3.00] | 2.00 [1.65, 2.54] | 2.02 [1.94, 3.00] | 2.08 [1.73, 2.52] |